

The Emotional Cycle of Deployment



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The Emotional Cycle of Deployment



Stages

- Pre-deployment
- Deployment
- Sustainment
- Re-deployment
- Post-deployment

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Pre-deployment

- Train-up / Long Hours
- Getting Affairs in Order
- Mental / Physical Distance
- Anticipation of Loss
- Arguments

45 days before deployment

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Deployment

- **Disorientated**
- **Overwhelmed**
- **Numb, Sad, Alone**
- **Sleep Difficulty**
- **Security Issues**

First month of deployment

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Sustainment

- New routines established
- New sources of support
- Feel More in Control
- Independence
- Confidence (“I can do this”)

Months two thru five

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Children & Stress

	Ages	Behaviors	Moods	Remedy
Infants	< 1 yr	Refuses to eat	Listless	Support for parent, pediatrician
Toddlers	1-3 yrs	Cries, tantrums	Irritable, sad	Increased attention, holding, hugs
Preschool	3-6 yrs	Potty accidents, clingy	Irritable, sad	Increased attention, holding, hugs
School Age	6-12 yrs	Whines, body aches	Irritable, sad	Spend time, maintain routines
Teenagers	12-18 yrs	Isolates, uses drugs	Anger, apathy	Patience, limit-setting, counseling

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Redeployment

- Anticipation of homecoming
- Excitement
- Apprehension
- Burst of Energy / “Nesting”
- Difficulty making decisions

Months five thru six

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Post-deployment

- Honeymoon Period
- Loss of independence
- Renegotiating routines
- Need for “own” space
- Reintegrating spouse into family

Three to six months after deployment

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Helpful Hints

- **Avoid over-interpreting arguments**
- **Establish a base of support:**
 - friends, neighbors, church, family support group
- **Make plans / set dates to break up time**
- **E-mail / phone calls / letters**
- **“Single” parents need time without kids**
 - movie, lunch, evening out, get-together

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Pitfalls

- Discussing “hot topics” long distance
- Listening to or participating in rumors
- Not trusting your mate
- Overspending
- Over-investment in date of return
- Not accepting changes in marriage

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Questions?